

DINNERLY



Fan Fave: Four Cheese Ravioli with Tomato Sauce and Candied Seeds



25 minutes



2 Servings

Fast and family friendly, this dinner's just the ticket. Toss plump cheese-filled pasta parcels in a tomato sauce, then sprinkle with a sweet crunch of candied seeds.

WHAT WE SEND

- 1 onion
- 20g sunflower seeds
- 5g Tuscan seasoning ^{1,3,7}
- 325g four cheese ravioli ^{1,3,7}
- 400g diced tomatoes
- 50g baby spinach leaves

WHAT YOU NEED

- 2 garlic cloves
- 1½ tbs olive oil
- 2 tsp honey
- 1 tbs tomato paste
- 1½ tsp sugar

TOOLS

- oven tray
- baking paper
- large saucepan
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Milk (7), Sulphites (17).

May contain traces of other allergens.

NUTRITION PER SERVING

Energy 710kcal, Fat 32.9g, Carbs 71.4g, Proteins 30.8g



1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Bring a large saucepan of salted water to the boil for the ravioli. Finely chop the **onion**. Crush or finely chop **2 garlic cloves**. Put the **sunflower seeds**, **½ tsp Tuscan seasoning**, **2 tsp olive oil** and **2 tsp honey** in a bowl, season with **salt and pepper** and stir to combine.



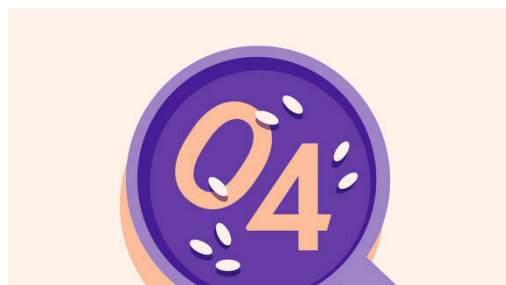
2. Make candied seeds

Spread the **seed mixture** over the lined tray. Bake for 6 mins or until golden. Meanwhile, cook the **ravioli** in the pan of boiling water for 3 mins or until al dente. Reserve **80ml (⅓ cup) cooking water**, then drain the ravioli.



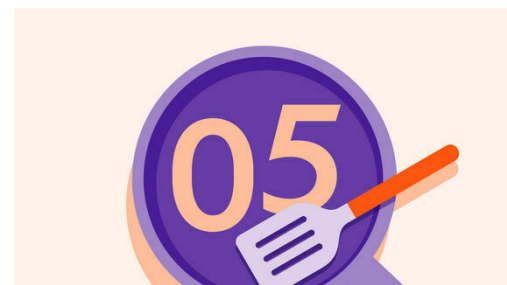
3. Start sauce

Heat **1 tbs olive oil** in a medium deep frypan over medium heat. Cook the **onion**, stirring, for 4 mins or until softened. Add the **garlic** and **remaining Tuscan seasoning** and cook, stirring, for 30 secs or until fragrant. Stir in **1 tbs tomato paste**.



4. Simmer sauce

Add the **tomatoes**, **reserved cooking water** and **1½ tsp sugar** (see Kitchen 101) to the onion mixture and bring to the boil. Reduce the heat to medium and cook, stirring occasionally, for 5 mins or until thickened



5. Serve up





Add the **ravioli** and **spinach** to the sauce and cook, gently stirring, for a further 2 mins or until warmed through. Taste, then season with **salt and pepper**. Divide the ravioli among bowls. Break the **candied seeds** into small pieces, then scatter over the ravioli and enjoy!



6. Kitchen 101

Adding a little sugar to the sauce helps to balance the acidity of the tomatoes. If you prefer, you can leave the sugar out or swap for honey instead.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au

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